



Newsletter

June 2023

Here for Your Enjoyment Our Monthly Newsletter

Multiple Pulitzer Prize-winning authors and highly sought-after editors were tasked with creating this masterpiece of literature. Even before we sent it to you, a trophy from the National Newsletter Society of the World (NNSW) was awarded to those associated with the project amid hails of "BRAVO" and "Encore".

We here at **Pueblo Ankle and Foot Care** amazed ourselves at how hilarious the joke of the month is. Five-star restaurants are petitioning for the rights to the recipe of the month. Following the festivities, a hush fell over the office as our TEAM collectively pressed the "Enter" key on the computer sending this newsletter to your inbox for your reading pleasure. It truly has been an amazing experience getting this newsletter to you, and we hope you enjoy reading it as much as we enjoyed making it!

In this Issue...

- Summer Vacation Tips for Your Feet
- Focus on Lawn Mower Safety
- From Our YouTube Channel: Your Fungal Nail Questions Answered
- Deal of the Month
- Recipe of the Month: Burrata Caprese

CLOSER EVERY DAY PUEBLO WEST HERE WE COME!



A great place to get your foot
problem taken care of,
staff is great.

Pam D.



Google Review



Summer Vacation Tips for Your Feet

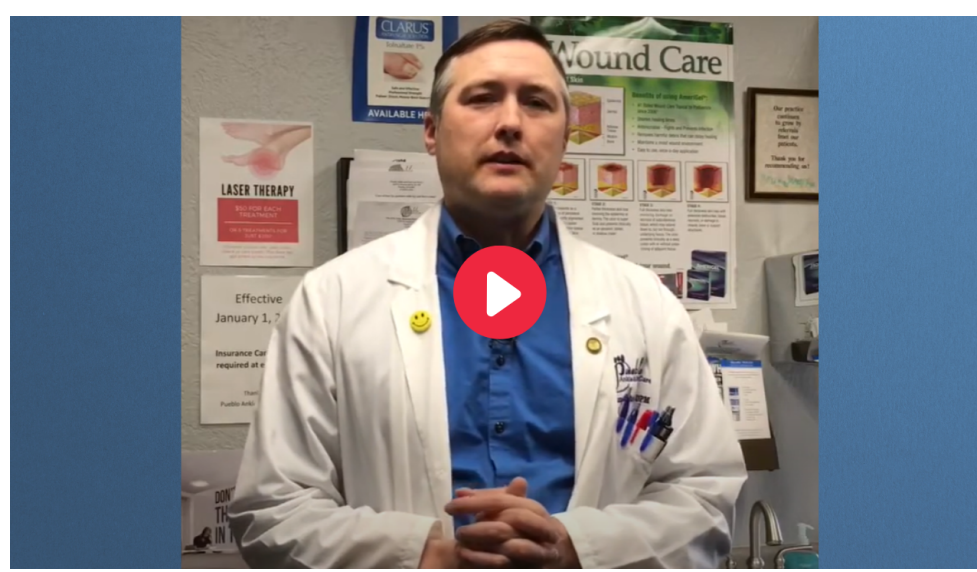


It's almost time for summer vacation! Wherever your travel plans take you this season, give your feet a break by following the suggestions below for a fun and healthy trip.

[Click Here to Read More](#)

From Our YouTube Channel:

Your Fungal Nail Questions Answered



Focus on Lawn Mower Safety

How not to injure feet while mowing the lawn with a power mower may seem obvious. Mower blades can whirl at a rate of 3,000 rotations a minute, and the damage they can do in a split second is devastating. Yet, statistics show that 86,000 adults and 4,500 children need emergency medical care for injuries sustained from this common summer task. Below are tips for protecting yourself and your family.


[Click Here to Read More](#)

DEAL OF THE MONTH - JUNE

High-Quality CBD Oil

Available in a balm or oil roll-on

\$10 OFF THIS MONTH ONLY

Get more active and enjoy a pain free summer with the therapeutic benefits of topical CBD Oil.



**PAIN RELIEF
WITHOUT THE SIDE EFFECTS**

Happy Spring

Recipe of the Month

Burrata Caprese

This juicy tomato and creamy burrata cheese salad is filled with summer's best produce! Enjoy as an appetizer, side dish, or light main meal.



Ingredients:

- 1¼ pounds heirloom tomatoes
- 8 oz burrata cheese
- 2 tablespoons olive oil
- 2 tablespoons aged balsamic vinegar (or balsamic glaze)
- 1 handful of fresh basil and dill
- Sea salt

Directions:

- Slice tomatoes about ½" thick and layer onto the serving dish.
- Add burrata cheese to the serving dish, keeping it whole or breaking it into pieces and scattering it around the dish.
- Drizzle the dish with oil and vinegar.
- Scatter herbs over tomatoes and cheese. Generously sprinkle the salad with sea salt.

Recipe courtesy of gamishwithlemon.com

June Fun Facts

- June 5 is World Environment Day—a day meant to raise environmental awareness across the globe.
- June 14 is Flag Day (U.S.). Be sure to raise the flag! Learn about the U.S. Flag Code, which provides guidelines for displaying the American flag properly.
- June 19 is Juneteenth (also known as Freedom Day or Emancipation Day). On this day in 1865, Union General Gordon Granger read the Emancipation Proclamation aloud in Galveston, Texas, effectively liberating slaves in the state.
- Father's Day is celebrated annually on the third Sunday in June in the United States, United Kingdom, Canada, India, and a number of other countries around the world.
- June is the month with the longest daylight hours of the year in the Northern Hemisphere, and conversely, June has the shortest daylight hours of the year in the Southern Hemisphere, which marks the beginning of winter.

June Special Days Mark Your Calendar!

June 2 – National Donut Day
June 11 – National Children's Day
June 14 – Flag Day
June 18 – Father's Day
June 19 – Juneteenth Day
June 20 – 1st Day of Summer

Trivia

Which US State has the average hottest temperature?

- A. California
- B. Texas
- C. Arizona
- D. Florida

Answer:
D. Florida

Joke

Why did the fish blush?
Because it saw the ocean's bottom

Meet Our Doctors



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Need More info?

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